



# ***2011 Step Up Forsyth!***

**8th Annual Community Physical Activity Program  
September 18 – November 12**

Looking for a fun, easy way to add more physical activity or exercise into your life? Think about walking or biking in local parks, around your workplace, or in your neighborhood as one form of being active that you can fit into your schedule? *Step Up Forsyth!* may be just right for you! **Join other Forsyth County residents and see if we can form 100 teams and log 1.5 million minutes of activity during the 2011 Step Up Forsyth! program.**

*Step Up Forsyth!* is a FREE community-wide program that will run for eight weeks this fall. The program is sponsored by the BeHealthy Coalition and its many partner organizations throughout the Winston-Salem area.

## **How to join:**

- **Pledge to engage in physical activity 30 minutes a day for at least 5 days each week** during the eight weeks of the program.
- **Form a team.** Be a Team Captain and organize a group from your family, workplace, school, congregation, neighborhood, or civic group as a *Step Up Forsyth!* team. Team captains gather team members' physical activity logs or record the number of minutes each team member engages in physical activity.
- **Join an existing team.** Ask around – there may already be a team in your neighborhood or workplace. If you don't find one, start your own! Individuals who are not part of a team are welcome to join *Step Up Forsyth!* on their own.
- **Register** by September 13<sup>th</sup> to enjoy the entire 8-week program. It is okay to join anytime during the 8-week program. See flyer/registration form for details.
- **Engage in physical activity on your own!** If you prefer to engage in physical activity on your own, you may register as an individual participant.
- **Engage in physical activity and record your minutes.** *Step up Forsyth!* is all about helping people be active. We don't ask you to record the intensity of your workout or how much physical activity was logged - simply that you were engaging in physical activity for at least 30 minutes, at least 5 days each week. All forms of physical activity count – including running, walking, biking, swimming, gardening, etc..
- When *Step Up Forsyth!* is finished, **turn in your physical activity logs** and possibly win an award or be entered in a raffle for prizes. Congratulations! Know that you're on the road to better health!
- **NEW!** Weekly nutrition or physical activity challenges. Weekly challenge sheets will start during Week 2 and be attached to the weekly *Step Up Forsyth!* email, available at [www.forsyth.cc](http://www.forsyth.cc) (under County News), and linked to our Facebook page.

For additional information, please contact [stepupforsyth@forsyth.cc](mailto:stepupforsyth@forsyth.cc) or call 703-3110